

JADE Buddha



1971 Queen St. E. #208, Toronto, ON

647-258-7469

www.cmacbeaches.com

Merry Christmas

Happy New Year 2014

*Year of the Horse
January 31 2014*



Get your class photo of 2013 or have it as a calender so you can keep track of your progress



INSIDE THE JADE BUDDHA

Sensei's Note	2
Grading Results	2
Events Calender	3
Chinese New Year	3
Knockout Game	3
Two Legged Doggie	4
Muscle Cramps	4
Mudras	5
Calenders & Photos	6
Banquet	6
Ninja	7
Grading Highlights	8

Get the CMAC Book Series



The best classroom in the world is at the feet of an elderly person.

Beaches Newsletter

Sensei's Note

Had a great grading at the dojo in November, a few unexpected people showed up so that was awesome. It's always nice to have Sensei DeQuetteville in for a grading but this time he brought a student (Aletha), she is a 14yr old blue belt and her and Sasha were like twins. They had the same high kicks, the same long stances, the mannerisms, and they hit it off right away. Very cool.

Sensei Titus was also in for classes, both for him and his boys. His kids, Kian and Taeson really had their eyes opened working with all the kids in the dojo, so they had a great time. They looked good enough to grade so they were thrown into the grading, they did not see that one coming.

Everyone always enjoys working with Sensei Titus so we had lots of sparing in the adult class. Then it was grading time and Sensei DQ showed up, so there were (2 fifth Dans) and Senpai Tisdall, here to grade a handful of students. Some big brass in for the grading, awesome.

Everyone did a fantastic job, it was a good day for the dojo.

Training Tip

I have seen this happen so many times in the dojo, whether its here in the Beach or other dojos in the organization, student rivalry. If the rivalry is fun and on the level everything is good, but once the Green Eyed Monster of envy, or the under-handed grip of deceit gets a hold of someone it turns ugly.

It is a hard thing to do but for your own success in the training you must keep it about the training.

Having a training partner is great for your motivation, development and your attendance, having someone depending on you to be there is just the kick in the pants you need sometimes to get to the dojo, and since 90% of all success is just showing up.... A training partner makes it more interesting, intense and fun. Now you have something in common with someone else who is working toward a similar goal, so you both benefit.

The best way to keep this equally beneficial for both partners in to understand that you have to keep it positive and to try and bring up your partner's vibe. Negative feedback helps no one, it takes the wind out of their sails and makes them not want to show up. Also comparing yourself to them and hating them for their abilities is very destructive.

Understand that in any partnership there are people with skills that they bring to the dynamic, no one is the same, so look at what you can contribute and try to bring that to the game. Allow people to be who they are and try to see the positive in them, this will keep the relationship more productive and rewarding for both of you.

Grading Results

November 16 2013

Orange Belt

Michael O'Neil
Valerie Johnson

Red Belt

Tyler Lyons
Jaya Vos

Green Belt

Teson Titus
Kinan Titus
Jovana Shresha

Next Grading

December 14 2013



When you harbour bitterness happiness will dock elsewhere.

BEACHES EVENTS

December 2013

- 14 Kyu Belt Grading
- 23 Xmas Break
- 25 Christmas

January 2014

- 4 Dojo Open
- 17-19 Winter training
(Sold out)
- 25 Kyu Belt Grading

February

- 21 Raptors Demo
- Cmac Black Belt
Grading

March

- 1 Kyu Belt Grading
- 15 Okinawa Trip

Chinese New Year 2014

Chinese New Year celebrations, also known as the Spring Festival, in China start on the 23rd day of the 12th lunar month of the Chinese calendar. The festival lasts for about 23 days, ending on the 15th day of the first lunar month in the following year in the Chinese calendar.

January 31 2014 to February 18 2015 Year of the Horse

According to historical documents, on the day when Shun, who was one of ancient China's mythological emperors, came to the throne more than 4000 years ago, he led his ministers to worship heaven and earth. From then on, that day was regarded as the first day of the first lunar month in the Chinese calendar. This is the basic origin of Chinese New Year. China adopted the Gregorian calendar in 1911, so Chinese New Year was renamed the Spring Festival.



The Knock Out Game

What are the youth of today doing for their amusement, well its called the Knock Out Game! Here is how the game is played, you just punch an unsuspecting passerby in the head and try to knock them out with one punch. Not only do they get brain trauma from the punch but the face plant to the ground could kill them.

There has been a few recorded deaths from this in the United States of America where this game was created.

Teenagers play the game but anyone can be involved, even 75 year old ladies. There was a camera that caught a guy punching an old lady and she was knocked out cold on the side walk while the teen ran away.

Why would these kids do this? One kid was interviewed and he said "For Fun".

Well I guess it's totally understandable why they would do it, in the times we live in with all violence from, movies, video games, music, broken homes, drugs, gangs etc, etc. not to mention a lack of role models (Mayors doing Crack). Don't even get me started on "The Young Offenders Act", its a get out jail free card.

There's a saying - Garbage in Garbage out. What you put in your head will actually manifest itself in your reality, so be careful what you expose your teens to.

Fortunately for you - you are training in Martial Arts and that gives you an advantage over most people. We develop a heightened level of awareness, you can sense some ones evil intention toward you. Training has saved my life more times than I can count. If I didn't believe in it I wouldn't have devoted my entire life to it.

I would have to sum these random acts of violence as terrorist behavior and should be punished as you would a terrorist. These sick kids need to be taught that violence isn't free. How cowardly is hitting someone who isn't expecting it? It's like there is no honour anymore, kids and the elderly were always off limits, doesn't seem that way today. If they only truly understood karma, we just wouldn't have these problems.

Just one person saying "You've made my day." Makes my day.

Duncan the 2 legged Doggie

Last month, this puppy had his hind legs amputated. And while he has access to multiple custom wheelchairs, the energetic pup needs very little help to get around on his own.

"Duncan is my hero," says the owner of Duncan the two legged wonder dog. "For those who said I was an animal abuser for removing his severely deformed legs to give him a chance, for those who sent me hate mail and doubted this boy, suggesting we should just euthanize him — you are wrong. Thank goodness this baby boy landed in our loving home!"

Duncan now undergoes regular physical therapy, massage therapy and hydrotherapy to help straighten his spine, which was twisted by the pressure his deformed legs put on it.

"In just four weeks we have turned his pelvis that was at a 90 degree contortion to a 45 degree contortion. That is a major hurdle & I can only see it getting better every week!" Amazing!



Muscle Cramps

Muscle cramps are sudden, involuntary contractions that occur in various muscles. These contractions are often painful and can affect different muscle groups. Commonly affected muscles include those in the back of your lower leg, the back of your thigh, and the front of your thigh. You may also experience cramps in your abdominal wall, arms, hands, and feet.

The intense pain of a cramp can awaken you at night or make it difficult to walk. A sudden, sharp pain, lasting from a few seconds to 15 minutes, is the most common symptom of a muscle cramp. However, in some cases, a bulging lump of muscle tissue beneath the skin can accompany a cramp as well.

There are many things that can cause muscle cramps. Like a lack of sleep or over working your muscles by doing activities without stretching or not drinking enough water.

Leg cramps can be caused from injury to the muscles, or if you over work your muscles as well as dehydration. Some things you can do to help would be massage the muscle area and stretching.

Excessive dehydration, particularly in leg muscles, upsets the mineral and electrolyte balance in the blood, which raises the possibility of muscle cramps occurring. Excessive exercise should be accompanied with adequate hydration and electrolytes.

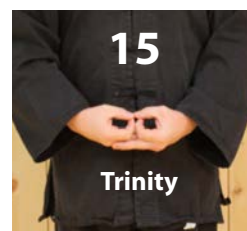
How would dehydration cause muscle cramps? Fluids in the body are either inside the cell or outside of the cell. When we become dehydrated, the fluid outside of the cells decreases. Reductions in fluids cause nerve endings to be squished together, overexcited, and spontaneously discharge. That spontaneous discharge is a muscle twitch, which can lead to a muscle cramp. By maintaining proper hydration, you can prevent dramatic shifts in fluids that contribute to abnormal muscle contractions.



Opportunities are never lost, someone will take the ones you missed.

Mudras

As seen in our tai chi program in the order we do them



Want to learn the rest you need to come to class!

Being kind is more important than being right.

Class Photos and Calenders



Class Photos will be available before Christmas. If you want them with a 2014 calender we can make that happen for you, just chose the class shot and give us a few days to print it up.

I did these class shots last year and it worked out very well. The individual action shots were a lot of work and basically takes a small army to pull the job off without a hitch. By taking these group shots I have saved piles of time and frustration.

The class shots are a valuable treasure for sure. Some kids stay here for years and it is fun to look at how far they have come.

Banquet for the Beaches Dojo and Yume Dappo

This years Banquet was great teaming up with the Yume Dappo dojo, very classy. Sensei Bassels invited the Beaches dojo to come and be part of the event and we gladly excepted. Any chance to get together for a night of celebration and connect with like minded people shouldn't be passed up.

The night started off with some meet and greet poker games and appetizers, then the Beaches crew finally showed up due to the crazy traffic that has become more and more a problem with all the development in the core. Just before dinner there was some introductions by two of the Yume guys that did a great job on the MC. There was a brilliant slide show put together by Miss Samson showing the past year of events and all the cool stuff the CMAC organization had done, as well as a Beaches section. We had a fantastic spread of food to choose from (Sensei Bassels says the secret to any event is good food). After dinner we sang the 12 days of Goju Xmas or something like that, pretty funny. Then it was presentation time, there were 2 20 year certificates and a whack of 10 year certificates to hand out, plus Jade Buddha appreciation awards for people who have given time and effort for the cause. Sensei Bassels has an award called the Musashi award, which is for the student that really goes the extra mile, supports every event, assist classes, never misses training time (I think I'm gonna mail one out to Mr. Jones).

I thought it was just a fantastic event and perfect timing for the adults, with a really good group of people, so it's a winning combination of timing, people, food and professional presentation.



Life is tough - be tougher!

Ninja Training



Ninjaaaaaa training, so good! We had a blast being ninjas for the night. As ninjas we worked on stelh and invis-ability, and they became shadow warriors, lurking in the darkness and moving like ghosts. Yeah right! These little ninja have a lot of work to do on the whole keeping quiet idea, but we sure had a great time.

Everyone you meet deserves to be greeted with a smile.

November 2013 Kyu Belt Grading Highlights

Really good job you guys, all that hard training is paying off.

